



lunes

martes

miércoles

jueves

viernes

SIN PESCADO, MARISCO Y HUEVO

5

Menestra de verdura rehogada
Albóndigas en salsa con lechuga y maíz
Yogur y pan
Braised minestrone
Meatballs in gravy with lettuce & sweetcorn
Yoghurt and bread

6

Lentejas a la castellana
Lacón a la gallega con patatas asadas
Fruta y pan
Castellana style lentils
Lacón pork shoulder with potatoes with baked potatoes
Fruit and bread

7

Arroz milanese
Ternera a la plancha con ensalada hortelana (lechuga, tomate y zanahoria)
Helado y pan
Milanese rice
Grilled beef with garden salad (lettuce, tomatoes & carrots)
Ice cream and bread

8

Alubias blancas estofadas
Filete de pollo con ensalada tricolor (lechuga, zanahoria y maíz)
Fruta y pan
Stewed white beans
Chicken steak with tricolor salad (lettuce, carrots & sweetcorn)
Fruit and bread

9

Pasta (sin gluten ni huevo) con tomate
Lomo a la plancha con ensalada hortelana (lechuga, tomate y zanahoria)
Fruta y pan
Pasta (gluten & egg free) with tomato sauce
Grilled tenderloin with garden salad (lettuce, tomatoes & carrots)
Fruit and bread

12

Patatas a la riojana
Pavo a la plancha con ensalada primavera (lechuga, tomate y maíz)
Yogur y pan
Riojana style potatoes
Grilled turkey with spring salad (lettuce, tomatoes & sweetcorn)
Yoghurt and bread

13

Sopa de pasta (sin huevo)
Cocido completo
Fruta y pan
Pasta soup (without eggs)
Full course "cocido" stew
Fruit and bread

14

Arroz con tomate
Pavo a la plancha con lechuga y pepino
Fruta y pan
Rice with tomato sauce
Grilled turkey with lettuce & cucumber
Fruit and bread

15

Judías verdes con tomate
Jamoncitos de pollo con lechuga y tomate
Fruta y pan
Green beans with tomatoes
Chicken drumsticks with lettuce & tomatoes
Fruit and bread

16

Arroz con tomate
Magro a la plancha con guisantes
Helado y pan
Rice with tomato sauce
Grilled pork steak with peas
Ice cream and bread

19

Sopa de pasta (sin huevo)
Cinta de lomo con ensalada verde (lechuga, pimiento verde y aceituna)
Fruta y pan
Pasta soup (without eggs)
Pork loin with green salad (lettuce, green peppers & olives)
Fruit and bread

20

Lentejas a la riojana
Pavo a la plancha con ensalada tricolor (lechuga, zanahoria y maíz)
Yogur y pan
Rioja style lentils
Grilled turkey with tricolor salad (lettuce, carrots & sweetcorn)
Yoghurt and bread

21

Pasta (sin gluten ni huevo) con tomate
Ternera a la plancha con ensalada tricolor (lechuga, zanahoria y maíz)
Fruta y pan
Pasta (gluten & egg free) with tomato sauce
Grilled beef with tricolor salad (lettuce, carrots & sweetcorn)
Fruit and bread

22

COMIDA ESPECIAL FIN CURSO
Arroz con tomate
Salchichas Frankfurt con patatas fritas
Postre Especial y pan
Rice with tomato sauce
Frankfurt hotdogs with french fries
Special desserts and bread

23

26

27

28

29

30